

**March 17, 2003**

**Immediate Release - Run through April 11, 2003**

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## **PUBLIC SERVICE ANNOUNCEMENT**

### **Greenville Participates in Worldwide Celebration of Tai Chi and Qi Gong**

At 10 a.m., on Saturday, April 12, instructors are working to increase awareness about Tai Chi by hosting free informational events throughout the world. In Greenville, the first annual Tai Chi and Qi Gong Day will be celebrated with a two-hour outdoor demonstration.

Organizers describe the event as a relay of calm, unfolding worldwide throughout the day – time zone by time zone. Greenville's demonstration – open to the public free of charge – begins at 10 a.m. and continues until noon. Hosted by the City of Greenville Parks & Recreation Department, four instructors will demonstrate the various styles of Tai Chi at the Piazza Bergamo on Main Street in downtown Greenville.

In addition to the educational purposes, Greenville Tai Chi instructor Thomas Gonick said the event serves to acknowledge the Chinese for their contribution to world health and to support the practice of Tai Chi and Qi Gong worldwide. Other demonstrations in South Carolina will be held in Spartanburg and Bluffton.

Tai Chi has its origins in China. Practiced for thousands of years, Tai Chi is a system of movement combining meditation and self defense. Tai Chi has many positive effects on physical, social and mental health. It is believed to reduce stress, anxiety and arthritis in seniors; minimize allergies and asthma; improve breathing, balance and coordinator; lower high blood pressure, boost the immune system and slow the aging process.

**For more information, call Rick Sizemore with the Special Events Office at 467-4484.**